



Chris Owens
Director

Women in History and Women Making History

It's March! Along with the unpredictable weather, it is time to focus on Women's History.

Why have a month about women's history?

According to the [National Women's History Project](#), in the 1980s "less than 3% of the content of teacher training textbooks mentioned contributions of women..."

When included, women were seldom central figures. Women of color and women who ventured beyond their "traditional" roles were completely overlooked. It would be difficult to find a more appropriate theme than this year's: "Writing Women Back Into History."



March is Women's History Month

March 8th is International Women's Day

Highlighting: *The Changing Awareness & Roles of Women*

In this issue of *The Scoop* you will find a variety of topics highlighting [women as leaders in business](#) breaking a glass ceiling or breaking down glass walls. You'll find information on [Emergency Preparedness](#) which in some ways is a modern twist on the traditional role of women as caretakers for our families and loved ones.

Don't miss the information on the [Kentucky Women's Health Registry](#). Why have a "women's health registry"? Because as the article says, women are different than men. After a decades of excluding women from clinical trials, the 1980s saw a shift in attitudes. By 1993 the National Institute for Health mandated that women and minorities

be included in clinical trials. The good news: Women have a better chance in the future of receiving medical treatment based on information about women not men. The bad news: *To improve our health, women need to capture missing data.* To this end, the Kentucky Women's Health Registry is a tool for Kentucky women... Join it; Support it; Spread the word!

Our February edition of *The Scoop* honoring Women in History and Women Making History is as diverse as we are as women, but you can find still more about women to honor and events this month by visiting [OFW's website](#), "Our 1st Women", OFW Calendar and Announcements.

Watch For: *2nd Annual Women's Health Fair*

Plans are in full swing for OFW's 2nd Annual Women's Health Fair on May 10th & 11th. Organizations that serve women are being contacted to see if they would like to hold health fairs during the week. You'll be seeing more information as plans are finalized.

Invitations will go out to Exhibitors for May 10th & May 11th. But you don't have to wait for an invitation. Providers of Health Services and Community Educators may register their interest [online](#) now.

For this year's National Women's Health Week observance the Norton's Mobile Unit will be offering services at 2 locations:

- 810 Barret Avenue, May 10th
- The NIA Center, 2900 W. Broadway, May 11th.

Need information on women & health?
You can find information and resources online:

Kaiser Family Health has mapped racial and ethnic [Health disparities for women](#) in Kentucky.

[Louisville Metro Health & Wellness](#)

[Health & Wellness Clinics](#)

Looking for Health Services in Louisville?

Try the [Family Health Centers](#).

Locate information for [Passport Health Plan](#).

In this issue you will:

- ◆ Meet Louisville Women excelling in Business
- ◆ Find 2010 Event Announcements
- ◆ Connect to the 2010 Mayor's Community Conversation Schedule
- ◆ Learn About the Kentucky Women's Health Registry



Upcoming Mayor's Community Conversations



**Community
Conversations begin at
6:30pm on the
3rd Monday of the Month**

Monday, March 16

Iroquois High School Gym
4615 Taylor Blvd. [Map it](#)

Monday, April 20

Stuart Middle School Gym
4601 Valley Station Rd. [Map it](#)

Monday, May 18

Newburg Middle School
Gym
4901 Exeter Avenue [Map it](#)

Monday, June 15

Ramsey Middle School Gym
6409 Gellhaus Lane [Map it](#)

Monday, July 20

Carter Elementary School
3600 Bohne Avenue [Map it](#)

Monday, August 16

Central High School
Small Gym
1130 W. Chestnut Street
[Map it](#)

**Be sure to look for OFW at
the Mayor's Community
Conversations.**

History and Impact of River City Chapter of Business and Professional Women

Contributed by: Cathy S. Zion, Charter President 1976-1977

I had just graduated from Murray State University in 1972 and landed a job as editor of the *Cadiz Record* weekly newspaper in Trigg County, Ky. Though small in population, the community was big on its commitment to promote strong women leaders, most of whom were members of the Trigg County Business and Professional Women's Club (BPW). They invited me to join and I was hooked.

I soon met Katherine "Katie" Peden who was a member of a neighboring chapter in Hopkinsville. Katie was amazing. Not only had she served as the first female Kentucky Economic Development Commissioner, but she had also been the youngest woman to serve as President of the National Federation BPW. And all this accomplished before she turned 40.

So when I moved to Louisville in 1975, Katie approached me about helping her start a downtown luncheon club. I knew it was futile to

say "NO" – NO was not in Katie's vocabulary. We chartered in 1976 with 44 members – more members than many established chapters boast. We ended that first year with over 125 members and walked away from state convention with virtually every programming and membership award. Needless to say, we had already made our mark!

Over the following 34 years, River City BPW has continued to lead the way at the state and national level. We.... sponsored educational programs at Pee Wee Valley Women's Correctional Institution, helped high school girls understand their career and life options through the Choices programs established our own Foundation which has funded over \$120,000 in scholarships to 165 local women deemed non-traditional students, established Links for Life charity golf tournament and related events, the proceeds

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Franchising Enterprises

Contributed by: Heather Gough

FRANNET
LOCAL. TRUSTED. FRANCHISE EXPERTS.

Jania Bailey is the President and Chief Operating Officer of FranNet, a 23 year old Franchise Brokerage company, located here in Louisville, Kentucky. Bailey has more than 25 years of experience in the banking and franchise industries. She worked for more than eight years, and in several different managerial capacities, with Fantastic Sam's International and moved to Texas for a short time. Prior to joining Fantastic Sam's, Bailey spent 18 years in the banking industry in the commercial lending and business development areas in Louisville. She also has received numerous industry awards and recognitions including: 1998 recipient of the "Woman of Achievement" from the St. Matthews Business and Professional Women Organization; 1997 recipient of the Louisville Business First

"Forty Under Forty" Outstanding Business Leaders; and 1995 recipient of the Bell Award for "Outstanding Volunteerism in the Workplace."

The franchise industry has been known as male dominated industry. In the last ten years the industry has made a transition to cater to women and more women are starting their own franchised businesses and taking executive positions. There is a growing momentum for women in the franchise industry.



Jania Bailey

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SAVE THE DATE:

Thursday, April 8, 2010
Watch for your invitation to a
free full day of training:

Provided by: National Stalking Resource Center.
Sponsored by: Office For Women
Hosted by: The Home of the Innocents
[Registration is Open](#)

Tips for Disaster Preparedness

Use the following tips as guidance to forming your own family disaster plan.

- Pick two places to meet: outside your home in case of emergency and outside your neighborhood in case you can't return home. Make sure everyone knows the address and phone number.
- Find out about disaster plans in your workplace, your children's school or daycare and other places where your family spends time.
- Learn about your community's warning signals (alarms and what to do when you hear them).
- Discuss what to do in an evacuation. Plan how to take care of your pets.
- Find two escape routes out of each room and practice your plan.
- Ask an out-of-state friend to be your family contact in case local communication is down.
- Teach children how and when to dial 911, as well as other emergency contact numbers. It is important that children know information, such as their name, phone number, address, parents name and phone numbers, emergency numbers, etc.
- Teach each family member how to use the fire extinguisher.
- Install smoke detectors on each level of your home and near bedrooms.
- Stock emergency supplies and assemble a Disaster Supplies Kit, including a battery powered radio, a flashlight, extra batteries, warm clothing, copies of important documents, whistle, food and water supply for each person for 3 days, hand sanitizer and other sanitation products, and more.

A full list of the disaster supply kit can be found online.

Disaster Preparedness: A New Role For Women

Contributed by: Mia Halpern, AmeriCorps Disaster Preparedness Coordinator

In the last two years, Kentucky has been struck by multiple devastating natural disasters, including floods, winter storms, wind storms, tornadoes, etc. It is important that each person and family is prepared for inevitable and unfortunate emergencies such as these.

Prepare your family in advance by working together as a team. Meet with your family to discuss the disasters that can occur in your community, and explain what to do in each case.

For more information on how you can prepare for disaster or on volunteer opportunities, visit www.redcross.org, or contact Disaster Services at your local chapter. You can request hard copy information from your local chapter, or find information online.

[Louisville Area Chapter](#)
510 East Chestnut Street
P.O. Box 1675
Louisville, KY 40202



History and Impact of River City Chapter . . . *Continued from Page 2*

from which have resulted in nearly \$250,000 in grants awarded over the last 12 years to institutions to fight breast cancer, provided leadership development and training to members, many of whom became executives in their companies, business owners, and leaders in the community, lobbied for passage of the ERA and fought for pay equity.

We grew to become the largest BPW chapter in the world!

While much has changed over the past 34 years, BPW's commitment to women helping women has not. That's the reason I joined BPW 38 years ago in Trigg County, KY, that's the reason I helped charter River City BPW, and that's the reason I've continued to support BPW. I'm proud of the contributions RCBPW has made over the past 34 years and the mark it's made in this community.

Franchising Enterprises . . . *Continued from Page 2*

Bailey has been successful in turning around a company that was losing market share at a time when the industry was experiencing a downturn. She and her team have returned FranNet to the number 1 position in their industry. FranNet sales have steadily increased over the past 3 years as they have implemented multiple changes.

When asked what insights she would share about being a business leader in Louisville, Bailey stated, "I believe Louisville is very open to women business leaders. If you do your job and prove that you deserve the position, you will be treated with respect." She also stated she has never found being a woman a deterrent in any way.

Louisville Metro Office for Women (OFW) asked Bailey if she had any advice for empowering women today. Jania Bailey believes the business world is wide open for women today.

Women should choose a profession that they enjoy and commit themselves to being the very best that can be in that profession. Networking is critical in most industries. Connect with as many successful people in your field as you possibly can. Learn from the leaders and emulate their best practices. Do not be afraid to push the boundaries. Commit to life-long learning and you will always be ahead of the pack.

Aside from the essentials, each family can add their own needs into the kit, as well as change some contents as the season changes.

- Listen to a battery powered radio for news and instructions.
- Check if you have adequate insurance coverage.





Highlighting: *International Women's Day, March 8th*

2010 Observances

March – Sexual Assault Awareness Month ([SAAM](#))

[Women's History Month](#)
International [Women's Day](#)

April – 20th Equal Pay Day

Child Abuse Awareness Month

May: 10th– 2nd Women's Health Fair during Women's Health Week

June—July
Women Build, Habitat for Humanity

August
National Night Out

August
Women's Equality Day

September:
Take Back The Night

October – DV Awareness Month

October – Project Homeless Connect

Breast Cancer Awareness

November - 18th: The Great Smokeout

25th: International Day for the Elimination of Violence against Women

National Diabetes Awareness Month

Healthy Skin Month

December - 1st: World AIDS Day

International Women's Day:
Global Voices on Reproduction

Join Kentucky Health Justice Network for a captivating photography exhibit and a dynamic cross-cultural conversation on reproductive justice at the Americana Community Center (4801 Southside Drive, Louisville, KY 40214)

Light Refreshments & Childcare Available.
Please call to let us know if you'll be bringing your child(ren) Tel. 502-544-5396

[Flyer online](#) in the OFW Calendar

Other March Happenings of Interest to Women:

[PEACC](#) at UofL is sponsoring: Within Her Strength—Self-Defense & Empowerment— *training principled and self-disciplined students as leaders & initiators of our next generation's non-violent movements.* Contact [PEACC](#) online or call 852-2663.

[The Women's Center - University of Louisville](#)
Newsletter with information for women and a March Calendar of Events.

The Center for Women & Family [Calendar](#)

[Office For Women Calendar](#) & [Announcements](#)

Women Are Different Than Men? Yes, We Are.

You may have noticed that women are different from men. But did you know that women respond differently than men to medication, that some diseases affect more women than men or, that women and men can have different symptoms but the same disease? Many questions are unanswered about women's health. Researchers want to find the answers to questions like: how do stress, diet, education and finances affect the health of women, what kinds of access do Kentucky women have to health care, or how do we prevent disease.

The Kentucky Women's Health Registry was created to help answer the unanswered questions concerning women's health. It is the first state wide, women's health focused survey. It has great potential to transform health care for Kentucky Women. In order for our daughter and granddaughters to have a better health future we need many women from diverse backgrounds to participate.

Participation is as simple as completing a confidential annual health questionnaire. The Registry survey is [available online](#) and mail-in surveys (complete with postage paid envelope) can be requested by calling (859) 323 5709 or toll-free (800) 929-2320. There is never any cost to participation and the survey is offered in both English and Spanish.

The Registry survey is completely confidential, with a Certificate of Confidentiality from the National Institute of Health (NIH). The Certificate of Confidentiality requires that under no circumstances, can any information be released to any party including courts, government agencies, insurance companies or individuals. Additionally, the Registry uses names and addresses only to remind participants to renew their survey the following year and to provide updates on what the Registry is accomplishing. All names and contact information are stored separately from answers to health questions to further protect privacy. The Registry also notifies participants if they qualify for research studies. Participation in these studies is completely voluntary and the Registry does not release contact information to a researcher without the permission of a participant.

Leslie J. Crofford, M.D., the director of the UK Center for the Advancement of Women's Health states that the mission of the Registry is to "generate long-term women's health research data to improve the design and delivery of treatment and prevention options based on Kentucky women's needs". To accomplish such an important goal more women from across the Commonwealth will need to join the 10,000 women who are already working together to make a difference for themselves, their neighbors and future generations of women.

The Louisville Metro Office for Women (OFW) uses advocacy and policy to improve the status of all women in the Louisville Metro area. OFW is part of Advocacy and Public Policy within the [Louisville Metro Housing and Family Services Department](#), Division of Human Services. OFW's focus includes issues that affect women's physical and mental health, social and economic well-being, employment, housing, political involvement, legal issues, and safety issues such as domestic violence and abuse.

OFFICE FOR WOMEN
Get connected!